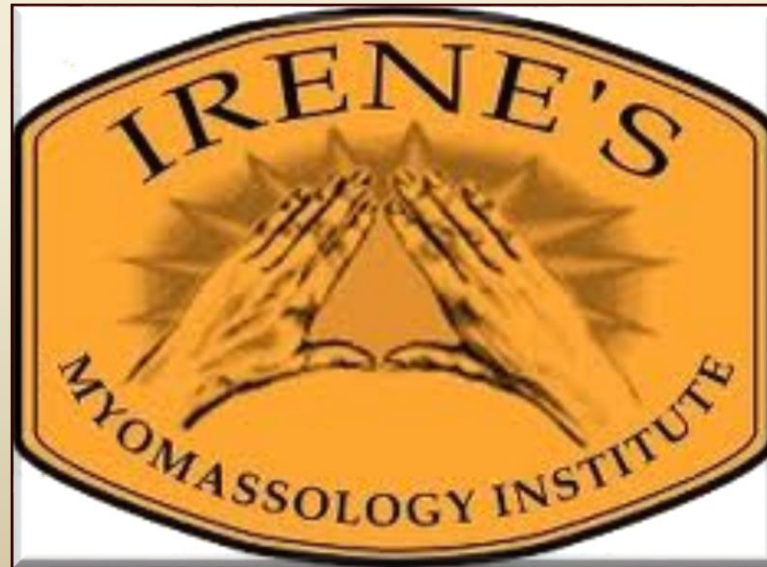


Instructor's Review for Final Exams

MBLX Final Review 112 Questions



MBLX Review

Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations

Client History

General Review

1. A client comes in and reports that her lower back has been hurting ever since she mowed her lawn yesterday. In which section of the SOAP notes is this information recorded?

a. S

b. O

c. A

d. P

General Review

2. To assist in making a postural assessment, you could use _____.

- a. A plumb line
- b. A grid
- c. Two pieces of tape on the wall
- d. All of the above

General Review

3. SOAP is the acronym for _____.
- a. Structure, Objective, Assessment, Protocol
 - b. Subjective, Objective, Assessment, Practice
 - c. Subjective, Observation, Action, Plan
 - d. Subjective, Objective, Assessment, Plan

General Review

4. Informed consent should be obtained from each client. You should obtain it _____.

- a. Before doing any work on the client
- b. Before the client leaves the office
- c. After the client has completed one session
- d. While the client is on the table

General Review

5. Your client is experiencing pain in the arm, wrist, and hand. You are pretty sure he has carpal tunnel syndrome. You should take the following action:
- a. Share your diagnosis with the client
 - b. Apply a heating pad for a short time followed by cryotherapy
 - c. Tell him to take a couple of aspirin for the pain, and give him some exercises to do at home
 - d. Suggest that he see his doctor for a diagnosis

General Review

6. Touching and feeling the muscles for signs of tautness or trauma is referred to as _____.

a. Effleurage

b. Palpation

c. The Knapp technique

d. Nerve stroking

General Review

7. Your client reports that she is suffering from cat scratch fever. She really doesn't have much information on it. You should _____.

- a. Call the doctor before doing the massage
- b. Just go with the limited information she gave you
- c. Call your aunt who has seven cats for advice
- d. Send her home and tell her to come back when she is well

General Review

8. Because you were running late, you hurriedly put a first-time client on the table without performing any physical assessments other than quickly looking him over while he filled out the intake form. As you start to work on him, you notice that his shoes on the floor are very unevenly worn on the outside of the heel. This is a sign that _____.

- a. The feet are inverted
- b. The feet are everted
- c. His latissimus dorsi is shortened
- d. He has calcium deposits on his calcaneus

General Review

9. When a client experiences an emotional release on the table, you should _____.
- a. Tell her what happened when you were confronted with the same situation
 - b. Act as if nothing unusual is happening
 - c. Be present with her and act the part of a concerned listener
 - d. Stop the massage; you can't deal with this

General Review

10. Subjective information is obtained by _____.
- a. Assessing the way the client walks
 - b. Palpation
 - c. Standing the client on the plumb line
 - d. Listening to the client

General Review

11. A care plan is _____.
- a. A list of contraindications
 - b. A list of mutually agreeable goals and course of treatment decided upon between client and therapist
 - c. An assessment
 - d. SOAP notes

General Review

12. A client reported waking up to find her pillow on the floor and being unable to turn her head. Her primary problem is _____.

- a. Gate
- b. Posture
- c. Range of motion
- d. Elasticity

General Review

13. Your recommendations of soaking in an Epson salt bath and increasing water intake in order to hydrate the muscles should be recorded on section _____ of the SOAP notes.

a. S

b. O

c. A

d. P

General Review

14. Informed consent can be _____ at any time.
- a. Withdrawn
 - b. Ignored
 - c. Modified
 - d. Both a and c

General Review

15. Which question is inappropriate for any intake interview?
- a. Has your condition limited your activity?
 - b. When was your last period?
 - c. Do you have insurance?
 - d. Where did you receive your last massage?

MBLX Review

Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations

Universal Precautions

General Review

1. A new client comes in and states in the intake interview that he is HIV positive. Your response is to _____.
 - a. Interview him a little more thoroughly to find out what, if any, complications he has and proceed with the massage in the normal manner, observing all universal precautions
 - b. Tell him to go to the doctor and get a permission slip for the massage
 - c. Refuse to work on him; you don't want to get HIV
 - d. Ask him how he got the condition

General Review

2. If you have a bad cold, you should _____.
- a. Go ahead and work; it won't kill you
 - b. Call your clients and reschedule them
 - c. Blow your nose repeatedly during the massage
 - d. Say nothing about it, and maybe your clients won't notice how sick you are

General Review

3. A client coughs into her hands several times during the massage session. As a measure of precaution, what should you do before the next client arrives?

- a. Change the linens
- b. Ask the client to get up and wash her hands
- c. Disinfect everything she has touched with a germicide
- d. Offer her a pair of your disposable gloves

General Review

4. Universal precautions should be observed _____.
- a. With all clients who have any symptoms
 - b. With any client who is HIV positive
 - c. With any client
 - d. With any client who has recently been sick

General Review

5. A client comes in who has an ugly red rash. She said she hasn't been to the doctor because the rash just broke out yesterday and it doesn't itch, so she doesn't think it's serious. The best course of action is _____.

- a. Put on gloves and give her the massage
- b. Offer her some lavender oil for the rash
- c. Don't worry about it at all, because she isn't concerned about it and it doesn't itch
- d. Politely refuse to perform the massage until she sees the doctor

General Review

6. If you sneeze while you are giving someone a massage, you should _____.

- a. Say "excuse me"
- b. Don't acknowledge it at all; you think the client is asleep anyway
- c. Excuse yourself to go wash your hands
- d. Wipe your hand on your shirt

General Review

7. You should wash your hands _____.
- a. Before and after you have your lunch break
 - b. After handling the laundry at the office
 - c. Before and after each client
 - d. All of the above

General Review

8. It is wise for massage therapists to be trained in CPR and First Aid because _____.
- a. The National Board requires it
 - b. They might have to be a first responder
 - c. They can't get licensed if they don't
 - d. It makes them appear more credible and professional

General Review

9. The purpose of proper draping is _____.
- a. To respect the modesty of the client
 - b. To protect the integrity of the therapist
 - c. To keep the client warm
 - d. All of the above

General Review

10. If a client tells you that he is not cold or modest and he doesn't need the drape, you should _____.

- a. Take it off of him
- b. Explain that draping is a law, as well as a safety precaution, and you are obligated to abide by that
- c. Act as if you didn't hear him and carry on with the massage
- d. None of the above

General Review

11. You would try restoring normal breathing to a client who has a heart attack by performing _____.

a. CRP

b. CPR

c. PCR

d. CVA

General Review

12. A client who has a chronic condition may be massaged as long as he or she is not in a(n) _____ phase.

a. Subacute

b. Waning

c. Acute

d. Dormant

General Review

13. Maintaining a clean and sanitary office is important
_____.

a. In order to impress your customers

b. For the safety and health of your clients

c. To keep the health inspector satisfied

d. To comply with AMTA guidelines

General Review

14. As health care practitioners, our first responsibility is _____.

- a. To keep a clean facility
- b. To interview the client
- c. To provide clean linens and drapes
- d. To do no harm

General Review

15. A sneeze or cough can transmit diseases such as colds, the flu, or tuberculosis through _____.

a. Sexual contact

b. Droplet transmission

c. Casual contact

d. Blood transfusion

MBLX Review

Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations

Contraindications

General Review

1. Your first client of the day tells you she has been taking her own temperature every morning as a means of tracking her ovulation. She tells you she has a low-grade fever this morning, but she isn't worried because she feels fine. You should _____.

- a. Go ahead with the deep tissue massage she is scheduled for
- b. Give her a massage, but make it Swedish so it isn't that deep
- c. Reschedule the appointment
- d. Call her doctor

General Review

2. A client with extremely high blood pressure disagrees with her doctor about whether massage is contraindicated and informs you she is going against his advice because she wants the massage. You are going to _____.

- a. Send her home without the massage
- b. Call the doctor before making a decision
- c. Put her on the table and use gentle holding techniques and/or energy work
- d. Have her sign a release for relieving you of any responsibility, and give her a massage

General Review

3. The popliteal triangle, an endangerment site, is located _____.
- a. In the hollow of the throat
 - b. Superior to the pubic symphysis
 - c. Inferior to the mandible
 - d. Behind the knee

General Review

4. Thrombosis is another term for a _____.

- a. Blood clot
- b. Thyroid disorder
- c. Sore throat
- d. Lung inflammation

General Review

5. A client who has had recent radiation therapy may be contraindicated for deep tissue massage because of the effect of radiation on the _____.

- a. Digestive system
- b. Skeletal system
- c. Integumentary system
- d. Muscular system

General Review

6. Endangerment sites are places on the body that should be avoided because _____.
- a. The veins are too close to the heart
 - b. Organs in the area are subject to inflammation if massage is performed
 - c. Veins, arteries, and/or nerves are superficial
 - d. A benign tumor is present

General Review

7. A regular client confides to you that she recently has had a mental illness diagnosed and has been experiencing intermittent psychotic episodes. Your best course of action is to _____.

- a. Refuse to treat her anymore
- b. Be prepared to subdue her in case she gets violent
- c. Call her doctor (with her permission) to be able to make a more informed decision
- d. Call her doctor (without her permission) to be able to make a more informed decision

General Review

8. You should never massage someone who is under the influence of drugs or alcohol because the client _____.
- a. May not be in control of him- or herself
 - b. May say or do something inappropriate
 - c. May accuse you of saying or doing something inappropriate
 - d. All of the above

General Review

9. One example of an endangerment site is _____.
- a. Just below the medial malleolus
 - b. The axillary area
 - c. The maxilla
 - d. The occipital ridge

General Review

10. A new client refuses to fill out the intake form and tells you that she doesn't believe in doctors or modern medicine. She tells you she hasn't been to the doctor for more than 20 years and claims to have no medical problems. Your best course of action is to _____.

a. Decline to have her as a client; she may have a condition that is a definite contraindication that has gone undiagnosed because she does not see a doctor

b. Refer her to another therapist who is not a stickler for following the rules

c. Conduct a thorough interview, filling out the form as you go along, and check her blood pressure; if it is normal, go ahead with the massage

d. Proceed with the massage without any further probing

General Review

11. A sac-like protrusion is a(n) _____.
- a. Bolus
 - b. CVA
 - c. Arteriole
 - d. Aneurysm

General Review

12. Hemophilia is caused by _____.
- a. An iron deficiency in the blood
 - b. An overabundance of iron in the blood
 - c. A lack of clotting factors in the blood
 - d. The inability to metabolize carbon dioxide

General Review

13. _____ is an inflammation of the connective tissue covering the bones, except at the joints.

- a. Periostitis
- b. Gingivitis
- c. Myositis
- d. Tenosynovitis

General Review

14. A systemic disease is one that affects _____.
- a. A certain body system
 - b. A specific type of cell
 - c. The whole body
 - d. A certain organ

General Review

15. Dislodging a thrombosis could result in _____.

a. Pulmonary embolism

b. Graves disease

c. An asthma attack

d. Arteriosclerosis

MBLX Review

Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations

Massage Techniques

General Review

1. To assess a client's range of motion, you could put him through a series of _____.

- a. Nerve strokes
- b. Stretches
- c. Pétrissage
- d. Joint mobilizations

General Review

2. To get the client acclimated to your touch and to warm up the muscle, you should begin bodywork sessions with _____.

- a. Effleurage
- b. Friction
- c. Pétrissage
- d. Tapotement

General Review

3. A client who has an area of inflammation because of a torn muscle would benefit from _____.

a. A heating pad

b. Cryotherapy

c. Vigorous friction on the inflamed area

d. Stretching the muscle

General Review

4. Ballistic stretching would be the best technique as a treatment for a _____.

- a. Torn rotator cuff
- b. Dislocated patella
- c. Hyperextended neck
- d. None of the above

General Review

5. The active assisted technique, in which the muscle is stretched into resistance and then held for 10 seconds, followed by the client holding an isometric contraction for 5 seconds, is the _____.

a. PNF technique

b. CNS technique

c. PNS technique

d. CNS technique

General Review

6. The technique that involves pumping is _____.

a. Compression

b. Effleurage

c. Pétrissage

d. Vibration

General Review

7. The technique that could be used to loosen congestion in the respiratory tract is _____.

- a. Rocking
- b. Pétrissage
- c. Nerve stroking

d. Tapotement

General Review

8. You are gently applying traction to the leg of a client who is lying supine. This is an example of _____.

a. Active stretching

b. Passive stretching

c. Ballistic stretching

d. None of the above

General Review

9. The therapist applying an unassisted stretch to the client would be equivalent to a(n) _____.

a. Passive static stretch

b. Ballistic stretch

c. Passive active stretch

d. Active static stretch

General Review

10. Hydrotherapy has the potential to affect the body in four ways. These are _____.

- a. Chemically, mechanically, thermally, hydrostatically
- b. Active, passive, assisted, hydrostatic
- c. Anatomic, physiologic, mental, spiritual
- d. Physiologic, pathologic, chemical, thermal

General Review

11. The technique recommended for the site of a healed amputation is _____.

a. Tapotement

b. Vibration

c. Pétrissage

d. Nerve stroke

General Review

12. A hydrotherapy treatment utilizing extremely forceful hot water directed at the spine is called _____.

a. Scotch douche

b. Vichy shower

c. Whirlpool

d. Turkish bath

General Review

13. Transverse friction is applied _____ to the muscle.
- a. Lateral
 - b. Medial
 - c. Perpendicular
 - d. Inferior

General Review

14. The best transitional massage stroke is _____.
- a. Vibration
 - b. Nerve stroke
 - c. Effleurage
 - d. Percussion

General Review

15. The neutral range of water temperature is _____.
- a. 80–85°F
 - b. 100–108°F
 - c. 94–97°F
 - d. 88–93°F

MBLX Review

Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations

Massage Modalities

General Review

1. What do the modalities Trager, Feldenkrais, and Alexander Technique have in common?
 - a. They are performed with the client in a seated position
 - b. They require a series of 10 sessions
 - c. They contain a component of movement on the part of the client
 - d. They are variations of Rolfing founded by former students of Ida Rolf

General Review

2. What is the best modality for a client who states that she is not in pain and just wants relaxation massage?

a. Structural Integration

b. Visceral manipulation

c. Soft tissue release

d. Swedish massage

General Review

3. The modality in which the practitioner channels universal life energy to the client is _____.

a. Orthobionomy

b. Polarity

c. Watsu

d. Reiki

General Review

4. Upledger and Sutherland are both known for their work in which modality?

- a. Reflexology
- b. Touch for Health
- c. Trigger-point therapy
- d. Craniosacral therapy

General Review

5. The modality that includes therapist-assisted yoga positioning's is _____.

- a. Postural Integration
- b. Thai massage**
- c. Bindegewebsmassage
- d. Aston Patterning

General Review

6. Which modality would be best for a client who desires energy work instead of massage?

- a. Pilates
- b. Structural Integration
- c. Myotherapy
- d. Therapeutic Touch

General Review

7. If a client has recovered from a bone injury and needs rehabilitative massage, the best choice for treatment would be _____.

a. Sports massage

b. Bowen therapy

c. Orthopedic massage

d. Rubenfield synergy

General Review

8. Auntie Margaret is associated with _____.
- a. Hot stone massage
 - b. Craniosacral therapy
 - c. Lomi-Lomi
 - d. Trigger-point therapy

General Review

9. A modality aimed at releasing adhesions around the internal organs is _____.
- a. Therapeutic Touch
 - b. Manual lymphatic drainage
 - c. Visceral manipulation
 - d. Trager

General Review

10. The person(s) who are credited with bringing Swedish massage to the United States is _____.

- a. Moshe Feldenkrais
- b. Stuart Taws
- c. Charles Fayette Taylor & George Henry Taylor**
- d. Bonnie Prudden

General Review

11. The modality using heated seawater is _____.
- a. Massotherapy
 - b. Fluorotherapy
 - c. Chelation therapy
 - d. Thalassotherapy

General Review

12. The technique that is most likely to induce profound relaxation is _____.

a. Hellerwork

b. Mentastics

c. Esalen

d. Pilates

General Review

13. The practice of kinesiology that is based on meridian theory is _____.

a. Therapeutic Touch

b. Touch for Health

c. Healing Touch

d. Comfort Touch

General Review

14. PNF is the acronym for _____.
- a. Proactive nerve flexing
 - b. Proper neuro-fixation
 - c. Passive neuro-facilitation
 - d. Proprioceptive neuromuscular-facilitation

General Review

15. The modality based on dermatomes is _____.

- a. Bindegewebsmassage
- b. Craniosacral
- c. Gentle Bioenergetics
- d. Active Isolated Stretching

MBLX Review

Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations

Ethics of Massage

General Review

1. A married couple who has been your weekly clients is divorcing. They continue to see you (separately, of course), and each one is pumping you for information about the other: what they said, who they are seeing, and other questions. Your appropriate response is to _____.

- a. Dismiss them both as clients
- b. Dismiss one of them and keep the other
- c. Enjoy the gossiping back and forth
- d. Tell them both politely that your Code of Ethics prohibits you from such behavior, and in the interest of keeping your client/therapist relationship, you are not going to talk about the other

General Review

2. A new client is flirtatious during the initial intake interview and asks if you are married. Your best course of action is to _____.

a. Tell him in no uncertain terms that you do therapeutic massage and do not have personal relationships with clients or share personal information

b. Tell him the conversation is making you uncomfortable and you think he would be better off going elsewhere

c. Tell him you feel sick and won't be able to give him a massage after all

d. Flirt back and pursue the relationship

General Review

3. You have instructed your new client to undress and be under the drape in the supine position when you return. Instead, you enter the room to find her naked and sprawled on top of the covers. Your reaction is to _____.

- a.** Step back behind the door where you can't see her and loudly say that you'll be in when she gets under the sheet
- b.** Just go on in and get to work
- c.** Take another sheet in with you and cover her up
- d.** Start quarreling with her about her failure to follow directions

General Review

4. A client constantly complains of stress. However, you have noticed when he is talking to you that all of his stress seems to be self-induced by taking on other people's problems. Your course of action is going to be _____.
- a. Nothing; just listen and nod
 - b. Gently point out to him that he is trying to play the martyr
 - c. Suggest he seek counseling for the stress
 - d. Suggest he ask his doctor for some Valium

General Review

5. A new client starts telling you about her last experience with massage, which was not a good one. She states that the therapist made a sexual overture to her and calls him by name. You happen to know this therapist very well and cannot imagine that he would do such a thing. You should _____.

a. Tell her she must have been mistaken

b. Call him immediately after the session to discuss the matter, without divulging the client's name

c. Call him immediately after the session to discuss the matter, and tell him who said it and exactly what she said

d. Tell her to report him to the state massage board

General Review

6. When a client discusses personal matters with you, what should you do?

- a.** Just listen and be compassionate
- b.** Offer the client your advice
- c.** Tell the client you'd prefer he or she didn't talk
- d.** Tune out the client

General Review

7. A new client has left her bra on. Without saying anything to her about it, you unsnap it while she is in the prone position so you can work on her back. You have just violated _____.

- a. The Scope of Practice rules
- b. Her morals
- c. Her boundaries
- d. The rules about sexual misconduct

General Review

8. A client of yours starts asking you personal questions about another client that she saw leaving as she was coming in. You should _____.

a. Answer her questions honestly

b. Tell her politely that you cannot talk about your clients, and that you wouldn't talk about her

c. Just change the subject

d. Tell her she is being rude and nosy

General Review

9. Another massage therapist has moved into your neighborhood, and you have discovered that she is not licensed. The best course of action is _____.

- a.** Send a formal complaint to the licensure board
- b.** Ignore the situation; your clients are loyal and you don't have to worry about it
- c.** Change your sign to state "The only licensed therapist in the area"
- d.** Call her and inform her that you are going to put her out of business

General Review

10. A well-known professional athlete lives in your hometown and frequents your business. You just can't help bragging about it. You have violated _____.

- a.** The rule of confidentiality
- b.** The rule of communication
- c.** The Scope of Practice rules
- d.** The Standards of Practice

General Review

11. Going out on a dinner date with a client is an example of _____.
- a. Transference
 - b. Stupidity
 - c. Dual roles**
 - d. Sexual misconduct

General Review

12. HIPAA is the acronym for _____.
- a. Health Insurance Personal Privacy Act
 - b. Health Information Privacy and Portability Act
 - c. Health Insurance Portability and Accountability Act
 - d. Health Information Personal Accountability Act

General Review

13. In a therapeutic relationship, there is a _____ in favor of the therapist.

- a. Stigma
- b. Standard of behavior
- c. Power differential
- d. Social standing

General Review

14. Sharing your personal information with the client is _____.

- a. Against the law
- b. Against the Code of Ethics
- c. Countertransference
- d. Self-disclosure

General Review

15. The most important part of a session is _____.
- a. Giving a good massage
 - b. Using hypoallergenic lubricants
 - c. Getting the payment
 - d. Clear communication**

MBLX Review

Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations

Business of Massage

General Review

1. If you are working as an independent contractor, the IRS requires that you file quarterly _____.

a. Sales tax

b. Self-employment taxes

c. 1099

d. 1040

General Review

2. If you are a business owner who employs other therapists, pays them by the hour, and provides them with benefits, you will be giving them a _____ form at the end of the tax year.

a. W-4

b. WC

c. W-2

d. W-3

General Review

3. An independent contractor who works in your office comes to work looking sloppy and upset and says that her boyfriend broke up with her last night. She is teary-eyed and not likely to do a good job today. The best course of action is to _____.

- a.** Get another therapist to cover her appointments if at all possible and send her home
- b.** Fire her on the spot
- c.** Cancel her appointments without divulging the reason
- d.** Do nothing and let her carry on

General Review

4. A written expression of the goals and purpose of a business is referred to as _____.
- a. An advertisement
 - b. A business plan
 - c. A mission statement**
 - d. A general journal

General Review

5. To protect yourself from a lawsuit, you should have _____.
- a. National certification
 - b. A state license
 - c. A prescription from the doctor to do massage on anyone
 - d. Liability insurance

General Review

6. What is the main purpose of a code of ethics?
- a. To satisfy the licensure laws
 - b. To provide parameters for a safe and comfortable client/therapist relationship**
 - c. To impress clients
 - d. To keep the massage board happy

General Review

7. If a massage practitioner who has a license in one state moves to another state and a license is granted based on the license from the previous state, what is that called?

- a.** Reciprocity
- b.** Equality
- c.** Right to license
- d.** Dual licensure

General Review

8. If a practitioner receives a referral from a doctor, what follow-up form should he or she provide to the doctor?

a. The intake form

b. 1099

c. Progress notes

d. The insurance form

General Review

9. If you are the sole owner of a business, that is referred to as a(n) _____.

a. Proprietorship

b. Partnership

c. C corp

d. S corp

General Review

10. Which of the following would be legitimate tax-deductible business expenses?

- a.** The cost of continuing education after you have your license
- b.** Training for a new career in massage therapy
- c.** An hourly rate for your time while studying for the licensure examination
- d.** Car expenses for commuting to massage school

General Review

11. The Four P's of marketing are _____.
- a. Personality, Product, Price, Promotion
 - b. Productivity, Personality, Product, Placement
 - c. Purpose, Place, Product, Promotion
 - d. Product, Place, Price, Promotion

General Review

12. In order to get reimbursed by insurance, you need to have knowledge of _____.

- a. Scientific data
- b. Balance sheets
- c. Diagnosis codes**
- d. Medicare and Medicaid

General Review

13. Your income before expenses is _____.
- a. Net income
 - b. Tax deductible
 - c. Discretionary income
 - d. Gross income

General Review

14. Schedule K-1 is a tax form for _____.
- a. A small business
 - b. A large business
 - c. A married couple filing jointly
 - d. A member of a partnership or corporation

General Review

15. The biggest advantage to incorporating is _____.
- a. You can hire employees
 - b. You can deduct your expenses
 - c. Protection of personal assets
 - d. Simpler bookkeeping